

12 Steps to a Good Life

The Hero's Journey
Through Knowledge and Wisdom



Printable Forms and Answer Sheets

Finding Your Worldview

What do you believe is ultimately real? (God, gods, matter, consciousness, something else)

What is the nature of reality? (Good or evil, ordered or chaotic, discovered or created)

What are you? (Your nature, origin, and purpose)

What happens when you die? (End, afterlife, rebirth, something else)

What is your “I”? (Brain, consciousness, soul, or a mix)

How do you know right from wrong? (Source of ethics and moral authority)

What is human history? (Progress, decline, cycles, or accident)

What does your worldview ask of you? (How it shapes how you live)

Satisfaction With Life Scale (SWLS)

Take this brief scale about once a month to gauge your current level of life satisfaction.

Rating Scale

7 = Strongly agree

6 = Agree

5 = Slightly agree

4 = Neither agree nor disagree

3 = Slightly disagree

2 = Disagree

1 = Strongly disagree

Statements

_____ In most ways my life is close to my ideal.

_____ The conditions of my life are excellent.

_____ I am satisfied with my life.

_____ I have obtained the important things I want in life.

_____ If I could live my life over, I would change almost nothing.

Total Score (5–35): _____

Score Interpretation

30–35 | Very High Satisfaction

Life feels rewarding and meaningful. Growth and challenges still exist, but overall satisfaction is strong.

25–29 | High Satisfaction

Life is generally good, with some areas for improvement that may provide motivation.

20–24 | Average Satisfaction

Most people fall here. Life is mostly satisfactory, with room for improvement in one or more areas.

15–19 | Slightly Below Average

Ongoing issues or one significant problem may be affecting satisfaction. Reflection and change may help.

10–14 | Dissatisfied

Multiple struggles or one major issue are present. Support and life adjustments may be beneficial.

5–9 | Extremely Dissatisfied

Severe or chronic dissatisfaction. Outside support and meaningful change are strongly recommended.

Notes on Life Satisfaction

Life satisfaction often reflects the quality of relationships, meaningful work or roles, health, personal growth, and alignment with values. There is no single cause or solution. Satisfaction often improves through reflection, changes in priorities, and steady personal development.

Self-Rated Wellness Scale

This scale is intended to estimate your happiness over the last month with your life in each of the areas listed below. Ask yourself the following question as you rate each area: "How happy am I with this area of my life?"

Rate each area between 1 and 10, where 1 is Very Unhappy and 10 means Very Happy.

This is an unscientific self-evaluation. The higher your scores, the better you rate your happiness. Low scores illustrate areas you may want to work on. Feel free to add to or change the categories to fit your life. Disregard those that do not apply to you. For an overall average, add your scores and divide by the total number of line items.

Job / Education / Retirement	_____
Finances	_____
Legal Issues	_____
Weight / Health / Exercise	_____
Sleep	_____
Friend Relationships	_____
Family Relationships	_____
Romantic Relationships	_____
Sex Life	_____
Emotional Life	_____
Communication	_____
Spirituality	_____
Free Time / Hobbies	_____
Drinking / Drug Use	_____

IPIP Answer Sheet 1 of 6

Use these numbers to rate each statement:

- 1 - Very Inaccurate
- 2 - Moderately Inaccurate
- 3 - Neither Accurate Nor Inaccurate
- 4 - Moderately Accurate
- 5 - Very Accurate

- 1. _____ Worry about things.
- 2. _____ Make friends easily.
- 3. _____ Have a vivid imagination.
- 4. _____ Trust others.
- 5. _____ Complete tasks successfully.
- 6. _____ Get angry easily.
- 7. _____ Love large parties.
- 8. _____ See beauty in things that others might not notice.
- 9. _____ Use flattery to get ahead.
- 10. _____ Like order
- 11. _____ Often feel blue.
- 12. _____ Take charge.
- 13. _____ Experience my emotions intensely.
- 14. _____ Make people feel welcome.
- 15. _____ Keep my promises.
- 16. _____ Find it difficult to approach others.
- 17. _____ Am always busy.
- 18. _____ Prefer to stick with things that I know.
- 19. _____ Love a good fight.
- 20. _____ Work hard.

IPIP Answer Sheet 2 of 6

Use these numbers to rate each statement:

- 1 - Very Inaccurate
- 2 - Moderately Inaccurate
- 3 - Neither Accurate Nor Inaccurate
- 4 - Moderately Accurate
- 5 - Very Accurate

- 21. _____ Often eat too much.
- 22. _____ Love excitement.
- 23. _____ Am not interested in abstract ideas.
- 24. _____ Believe that I am better than others.
- 25. _____ Start tasks right away.
- 26. _____ Feel that I'm unable to deal with things.
- 27. _____ Radiate joy.
- 28. _____ Tend to vote for liberal political candidates.
- 29. _____ Sympathize with the homeless.
- 30. _____ Jump into things without thinking.
- 31. _____ Fear for the worst.
- 32. _____ Warm up quickly to others.
- 33. _____ Enjoy wild flights of fantasy.
- 34. _____ Believe that others have good intentions.
- 35. _____ Excel in what I do.
- 36. _____ Get irritated easily.
- 37. _____ Talk to a lot of different people at parties.
- 38. _____ Do not like art.
- 39. _____ Know how to get around the rules.
- 40. _____ Like to tidy up.

IPIP Answer Sheet 3 of 6

Use these numbers to rate each statement:

- 1 - Very Inaccurate
- 2 - Moderately Inaccurate
- 3 - Neither Accurate Nor Inaccurate
- 4 - Moderately Accurate
- 5 - Very Accurate

- 41. _____ Dislike myself.
- 42. _____ Try to lead others.
- 43. _____ Seldom get emotional.
- 44. _____ Love to help others.
- 45. _____ Tell the truth.
- 46. _____ Am easily intimidated.
- 47. _____ Am always on the go.
- 48. _____ Dislike changes.
- 49. _____ Yell at people.
- 50. _____ Do more than what's expected of me.
- 51. _____ Go on binges.
- 52. _____ Seek adventure.
- 53. _____ Avoid philosophical discussions.
- 54. _____ Think highly of myself.
- 55. _____ Find it difficult to get down to work.
- 56. _____ Remain calm under pressure.
- 57. _____ Have a lot of fun.
- 58. _____ Believe in one true religion.
- 59. _____ Feel sympathy for those who worse off than myself
- 60. _____ Make rash decisions.

IPIP Answer Sheet 4 of 6

Use these numbers to rate each statement:

- 1 - Very Inaccurate
- 2 - Moderately Inaccurate
- 3 - Neither Accurate Nor Inaccurate
- 4 - Moderately Accurate
- 5 - Very Accurate

- 61. _____ Am afraid of many things.
- 62. _____ Feel comfortable around people.
- 63. _____ Love to daydream.
- 64. _____ Trust what people say.
- 65. _____ Handle tasks smoothly.
- 66. _____ Lose my temper.
- 67. _____ Don't like crowded events.
- 68. _____ Do not like poetry.
- 69. _____ Cheat to get ahead.
- 70. _____ Leave a mess in my room.
- 71. _____ Am often down in the dumps.
- 72. _____ Take control of things.
- 73. _____ Am not easily affected by my emotions.
- 74. _____ Am concerned about others.
- 75. _____ Break my promises.
- 76. _____ Am not embarrassed easily.
- 77. _____ Do a lot in my spare time.
- 78. _____ Don't like the idea of change.
- 79. _____ Insult people.
- 80. _____ Set high standards for myself and others.

IPIP Answer Sheet 5 of 6

Use these numbers to rate each statement:

- 1 - Very Inaccurate
- 2 - Moderately Inaccurate
- 3 - Neither Accurate Nor Inaccurate
- 4 - Moderately Accurate
- 5 - Very Accurate

- 81. _____ Rarely overindulge.
- 82. _____ Love action.
- 83. _____ Have difficulty understanding abstract ideas.
- 84. _____ Have a high opinion of myself.
- 85. _____ Need a push to get started.
- 86. _____ Know how to cope.
- 87. _____ Love life.
- 88. _____ Tend to vote for conservative political candidates.
- 89. _____ Suffer from others' sorrows.
- 90. _____ Rush into things.
- 91. _____ Get stressed out easily.
- 92. _____ Act comfortably with others.
- 93. _____ Like to get lost in thought.
- 94. _____ Distrust people.
- 95. _____ Know how to get things done.
- 96. _____ Rarely get irritated.
- 97. _____ Avoid crowds.
- 98. _____ Do not enjoy going to art museums.
- 99. _____ Take advantage of others.
- 100. _____ Leave my belongings around.

IPIP Answer Sheet 6 of 6

Use these numbers to rate each statement:

- 1 - Very Inaccurate
- 2 - Moderately Inaccurate
- 3 - Neither Accurate Nor Inaccurate
- 4 - Moderately Accurate
- 5 - Very Accurate

- 101. _____ Have a low opinion of myself.
- 102. _____ Wait for others to lead the way.
- 103. _____ Experience very few emotional highs and lows.
- 104. _____ Turn my back on others.
- 105. _____ Get others to do my duties.
- 106. _____ Am able to stand up for myself.
- 107. _____ Can manage many things at the same time.
- 108. _____ Am attached to conventional ways.
- 109. _____ Get back at others.
- 110. _____ Am not highly motivated to succeed.
- 111. _____ Am able to control my cravings.
- 112. _____ Enjoy being reckless.
- 113. _____ Am not interested in theoretical discussions.
- 114. _____ Make myself the center of attention.
- 115. _____ Have difficulty starting tasks.
- 116. _____ Am calm even in tense situations.
- 117. _____ Laugh aloud.
- 118. _____ Like to stand during the national anthem.
- 119. _____ Am not interested in other people's problems.
- 120. _____ Act without thinking.

IPIP Score Sheet

Openness to Experience

Imagination: 3__, 33__, 63__, 93__ = ____
Artistic Interests: 8__, 38R__, 68R__, 98R__ = ____
Emotionality: 13__, 43R__, 73R__, 103R__ = ____
Adventurousness: 18R__, 48R__, 78R__, 108R__ = ____
Intellect: 23R__, 53R__, 83R__, 113R__ = ____
Liberalism: 28__, 58R__, 88R__, 118R__ = ____
Openness to Experience Total = ____

Conscientiousness

Self-Efficacy: 5__, 35__, 65__, 95__ = ____
Orderliness: 10__, 40__, 70R__, 100R__ = ____
Dutifulness: 15__, 45__, 75R__, 105R__ = ____
Achievement Striving: 20__, 50__, 80__, 110R__ = ____
Self-Discipline: 25__, 55R__, 85R__, 115R__ = ____
Cautiousness: 30R__, 60R__, 90R__, 120R__ = ____
Conscientiousness Total = ____

Extraversion

Friendliness: 2__, 32__, 62__, 92__ = ____
Gregariousness: 7__, 37__, 67R__, 97R__ = ____
Assertiveness: 12__, 42__, 72__, 102R__ = ____
Activity Level: 17__, 47__, 77__, 107__ = ____
Excitement Seeking: 22__, 52__, 82__, 112__ = ____
Cheerfulness: 27__, 57__, 87__, 117__ = ____
Extraversion Total = ____

Agreeableness

Trust: 4__, 34__, 64__, 94R__ = ____
Morality: 9R__, 39R__, 69R__, 99R__ = ____
Altruism: 14__, 44__, 74__, 104R__ = ____
Cooperation: 19R__, 49R__, 79R__, 109R__ = ____
Modesty: 24R__, 54R__, 84R__, 114R__ = ____
Sympathy: 29__, 59__, 89__, 119R__ = ____
Agreeableness Total = ____

Neuroticism

Anxiety: 1__, 31__, 61__, 91__ = ____
Anger: 6__, 36__, 66__, 96R__ = ____
Depression: 11__, 41__, 71__, 101__ = ____
Self-consciousness: 16__, 46__, 76R__, 106R__ = ____
Immoderation: 21__, 51__, 81R__, 111R__ = ____
Vulnerability: 26__, 56R__, 86R__, 116R__ = ____
Neuroticism Total = ____

Values List

Ability	Abundance	Acceptance	Diplomacy
Accomplishment	Achievement	Adaptability	Discernment
Adventure	Affection	Affluence	Discretion
Alertness	Ambition	Anticipation	Dreaming
Appreciation	Approachability	Artfulness	Dynamism
Assertiveness	Assurance	Attentiveness	Ecstasy
Audacity	Availability	Awareness	Efficiency
Awe	Balance	Beauty	Empathy
Being-ness	Belongingness	Benevolence	Energy
Blissfulness	Boldness	Bravery	Entertainment
Brilliance	Briskness	Buoyancy	Excellence
Calmness	Camaraderie	Candor	Expectancy
Capability	Care	Carefulness	Expertise
Certainty	Challenge	Charity	Extravagance
Charm	Chastity	Cheerfulness	Evolution
Clarity	Classy	Cleanliness	Faith
Cleverness	Closeness	Cognizance	Fashion
Comfort	Commitment	Compassion	Fineness
Competence	Complacency	Completion	Fitness
Composure	Concentration	Confidence	Fluency
Conformity	Congruency	Connection	Fortitude
Consciousness	Consistency	Contentment	Friendliness
Continuity	Contribution	Control	Gallantry
Conviction	Conviviality	Coolness	Genuineness
Cooperation	Copiousness	Cordiality	Gratefulness
Correctness	Courage	Courtesy	Growth
Craftiness	Creativity	Credibility	Harmony
Cunning	Curiosity	Daring	Helpfulness
Decisiveness	Decorum	Deepness	Honesty
Deference	Delicacy	Delight	Hospitality
Dependability	Depth	Desire	Hygiene
Determination	Devotion	Devoutness	Impartiality
Dexterity	Dignity	Diligence	Industry
Direction	Directness	Insightfulness	Instructive

Discipline	Discovery	Integrity	Intelligence
Distinction	Diversity	Intimacy	Intrepidness
Drive	Duty	Intuition	Intuitiveness
Eagerness	Economy	Joy	Judiciousness
Education	Effectiveness	Keeness	Kindness
Elation	Elegance	Lavishness	Leadership
Encouragement	Endurance	Liberation	Liberty
Enjoyment	Enlightenment	Logic	Longevity
Enthusiasm	Exactness	Loyalty	Majesty
Excitement	Exhilaration	Maturity	Meekness
Expediency	Experience	Meticulousness	Mindfulness
Exploration	Expressiveness	Modesty	Motivation
Extroversion	Exuberance	Neatness	Nerve
Facilitating	Fairness	Open-mindedness	Openness
Fame	Fascination	Opulence	Order
Fearlessness	Fidelity	Originality	Outlandishness
Finesse	Firmness	Passion	Peacefulness
Flexibility	Flow	Perfection	Perseverance
Fluidity	Focus	Persuasiveness	Philanthropy
Frankness	Freedom	Playfulness	Pleasantness
Frugality	Fun	Plentiful-ness	Poise
Generosity	Gentility	Popularity	Potency
Giving	Grace	Pragmatism	Precision
Gratitude	Gregariousness	Preparedness	Presence
Guidance	Happiness	Proactivity	Proficiency
Health	Heart	Prosperity	Prudence
Heroism	Holiness	Purity	Qualification
Honor	Hopefulness	Quickness	Realism
Humility	Humor	Reason	Recognition
Imagination	Impact	Refinement	Reflection
Impeccability	Independence	Reliability	Resilience
Ingenuity	Inquisitiveness	Resolve	Resourcefulness
Inspiration	Instinctiveness	Restfulness	Restraint
Richness	Respect	Risk	Readiness
Introversion	Sacredness	Sagacity	Saintliness
Inventiveness	Sacrifice	Satisfaction	Security

Justice	Sanguinity	Selflessness	Self-realization
Knowledgeableness	Self-control	Sensitivity	Sensuality
Learning	Self-reliance	Service	Sexuality
Liveliness	Serenity	Shrewdness	Significance
Love	Sharing	Silliness	Simplicity
Mastery	Silence	Skillfulness	Smartness
Mellowness	Sincerity	Solidarity	Solidity
Moderation	Sophistication	Soundness	Speed
Mysteriousness	Solitude	Spirituality	Spontaneity
Obedience	Spirit	Stillness	Strength
Optimism	Stability	Substantiality	Success
Organization	Structure	Support	Supremacy
Outrageousness	Sufficiency	Superb	Surprise
Perceptiveness	Superior	Synergy	Tactfulness
Persistence	Sympathy	Temperance	Thankfulness
Piety	Teamwork	Thoughtfulness	Thrift
Pleasure	Thoroughness	Traditionalism	Tranquility
Polish	Timeliness	Trust	Trustworthiness
Practicality	Transcendence	Understanding	Uniqueness
Preeminence	Truth	Usefulness	Utility
Privacy	Unity	Variety	Victory
Professionalism	Valor	Virtue	Vision
Punctuality	Vigor	Vibrance	Verisimilitude
Quietness	Vitality	Vivacity	Warmth
Readiness	Watchfulness	Wealth	Wholesomeness
Recreation	Willingness	Winning	Wisdom
Relaxation	Wittiness	Wonder	Worthiness
Resolution	Zeal	Zest	Zing

Time Tracking (Free-Time Tracker)

This is an example you can easily recreate for yourself on paper. Use times that fit your schedule. Track how you spend your free time. In a week or two, you can easily see if you are spending your time furthering your goals or wasting your time with useless distractions.

07:00	_____
08:00	_____
09:00	_____
10:00	_____
11:00	_____
12:00	_____
13:00	_____
14:00	_____
15:00	_____
16:00	_____
17:00	_____
18:00	_____
19:00	_____
20:00	_____
21:00	_____
22:00	_____
23:00	_____
00:00	_____
01:00	_____

Life Overview

The "Life Overview" is an exercise that displays up to 25 years of your life by increments of months. The idea is to fill in major blocks of time in your life to show accomplishments, relationships, experiences, and your plans for the future. It illustrates the finite time you have available to do something important with your life.

Age Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

This image shows a full page of blank graph paper. The grid consists of thin, light gray horizontal and vertical lines that intersect to form small squares across the entire page. There are no margins, text, or other markings present.

Powerlessness and Unmanageable Items

Date:_____ Time:_____

Person, Place, Situation beyond my control: _____

Makes me feel:_____

Date:_____ Time:_____

Person, Place, Situation beyond my control: _____

Makes me feel:_____

Date:_____ Time:_____

Person, Place, Situation beyond my control: _____

Makes me feel:_____

Date:_____ Time:_____

Person, Place, Situation beyond my control: _____

Makes me feel:_____

Date:_____ Time:_____

Person, Place, Situation beyond my control: _____

Makes me feel:_____

Date:_____ Time:_____

Person, Place, Situation beyond my control: _____

Makes me feel:_____

Applied Mindfulness Process Scale

The Applied Mindfulness Process Scale is a snapshot of how well your mindfulness practice helps you deal with problems in your daily life. It is also a reminder of how useful mindfulness is as an on-going asset for living.

For each statement, indicate how often you have used mindfulness in the last 7 days:

0=Never, 1=Rarely, 2=Sometimes, 3=Often, 4=Almost Always

I used mindfulness practice to...

- ☐ Observe my thoughts in a detached manner
- ☐ Relax my body when I am tense
- ☐ See that my thoughts are not necessarily true
- ☐ Enjoy the little things in life more fully
- ☐ Calm my emotions when I am upset
- ☐ Stop reacting to my negative impulses
- ☐ See the positive side of difficult circumstances
- ☐ Reduce tensions when I am stressed
- ☐ Realize that I can grow stronger from difficult circumstances
- ☐ Stop my unhelpful reactions to situations
- ☐ Be aware of and appreciate pleasant events
- ☐ Let go of unpleasant thoughts and feelings
- ☐ Realize that my thoughts are not facts
- ☐ Notice pleasant things in the face of difficult circumstances
- ☐ See alternate views of a situation

Instructions for scoring: Sum all 15 items for your score of 0 - 60.

What your score means:

A high score (closer to 60) indicates strong mindfulness skills, helping you manage stress, emotions, and challenges effectively. You regularly use mindfulness to stay present, regulate emotions, and reframe difficulties.

A low score (closer to 0) means mindfulness is not a regular tool for you. If stress, negative emotions, or impulsive reactions are common struggles, consider incorporating mindfulness practices, such as mindful breathing or observation, to improve emotional balance and resilience.

Super Simple Self-Inventory (Step 4)

This is a modified Step 4 inventory format. It is very close to the one I used for my first Step 4, and includes all the basics. You can change it for your own use. Keep in mind, it is not as complete or thorough as the Long Inventory Format, but it is simpler and easier to understand. It is a good format to use for getting to the root of issues that are bothering you.

Read the long inventory format thoroughly to understand what each of the entries require. Do not forget to look for the good. Make at least 20% of your inventory (1 out of 5 entries) things you did well, personal strengths, or how you made the world better.

Person or Event:

Fundamental Problem:

- _____ Resentment / Anger
- _____ Fear
- _____ Sex / Intimacy
- _____ Selfishness
- _____ Dishonesty

Affects My:

- _____ Self-esteem: how you think of yourself
- _____ Pride: how you think others think of you
- _____ Worldview: how you think of the world; your comfort zone
- _____ Ambitions: your desires, goals, and plans; how things should be
- _____ Security: including physical, emotional, and financial security
- _____ Personal Relations: relationships with people (and loved pets)
- _____ Control: of your life, situations, and other people
- _____ Healthy Sex Relations: the desire for healthy sexual intimacy
- _____ Finances: your money, possessions, property, job, career

*For everything you do there is a payoff,
and for everything you do not do, there is a payoff.*

What is my payoff: